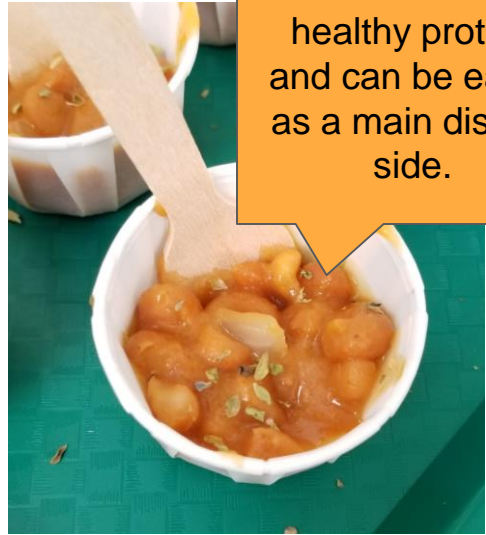


Baked Beans

Ingredients

- 2 cans (15 ounce cans) pinto beans, mostly drained
- 4 tablespoons ketchup
- 1/4 onion, finely chopped (or 1 tablespoon of onion powder)
- 1 tablespoon mustard
- 1 tablespoon brown sugar
- *Optional: 1 tsp chili flakes, any chili sauce, or sprinkle of oregano*



Nutrition Tip:
Beans are a great source of cheap, healthy protein and can be eaten as a main dish or side.

Directions

- 1) Cook everything in a pot on medium heat for approximately five minutes, or until the juices thicken.
- 2) Ready to eat as a side dish or part of main meal. Serve with rice, over toast, with tortilla or scramble them with eggs.

Recipe adapted from <https://cookbooks.leannebrown.com/good-and-cheap.pdf>

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